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Tuesday



ROAD TO RECOVERY?

Obama rolls out a \$50B plan to repair U.S. infrastructure **3**

AS GOES FENTY ...

Rhee's fate may be determined by D.C.'s mayoral primary **14**

PILOTS

The fall TV lineup has six new shows that are worth a look **37**

89 | 70 pm

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SEPTEMBER 7, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



CHANGING OF THE GUARD?

WITH A HISTORIC POLITICAL CONVENTION UNDER WAY IN PYONGYANG, IS KIM JONG IL ABOUT TO INTRODUCE HIS SUCCESSOR? **13**

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EYE OPENERS

Apple Store Employees' Ability to Track iPhones Not at All Worrisome

A Madison, Wis., thief isn't that familiar with iPhones. A 19-year-old man is accused of stealing two from a display in an Apple store Thursday. When police responded shortly after, an employee was already tracking the phones via GPS. Officers tracked the thief to a gas station, found the phones and arrested him. (AP)

Hey, Now You've Heard of Drake University. It Works!

The "D+" campaign logo aimed at upping recruitment at Drake University is getting a failing grade from those who say it tarnishes the Des Moines, Iowa, school's reputation. Drake spokesman Tom Delahunt says school leaders consider any reaction a good reaction and that "D+" actually represents all the opportunities Drake offers students. (AP)

\$0.02

The cost of the electricity German IT worker Oliver Beel stole from his employer by charging his Segway at the office for an hour and a half; a court ruled that his employer had to reinstate him after firing him for the two-wheeled offense last year. Reuters reported.



The Big Picture



NEBRASKA FANS wave their hands after a touchdown against Western Kentucky in the first half of the Cornhuskers' season-opening 49-10 victory Saturday. Labor Day weekend marked the unofficial start of fall for pigskin-crazed fans who welcomed back college football with a full slate of games. (EXPRESS)



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THIS WEEK



Ground Zero Memorial

Tribute in Light is scheduled to illuminate the lower Manhattan sky beginning at dusk on Saturday and fading with the dawn of Sunday in remembrance of the Sept. 11 attacks.

Obama's \$1B Tax Proposal

President Obama will travel to Cleveland on Wednesday to pitch a \$100 billion proposal to increase and make permanent research and development tax credits for businesses.

Eye on Storm Hermine

Mexican and Texas authorities are keeping an eye on Tropical Storm Hermine. It could approach hurricane strength before making landfall early Tuesday near the Texas-Mexico border.

Nation

Obama Touts Jobs, Roads Agenda

Congress encouraged to approve president's \$50B long-term plan

Milwaukee

A combative President Obama rolled out a long-term jobs program Monday that would exceed \$50 billion to rebuild roads, railways and runways, and coupled it with a blunt campaign season assault on Republicans for causing Americans' hard economic times.

GOP leaders instantly assailed Obama's proposal as an ineffective one that would simply raise already excessive federal spending. Many congressional Democrats are also likely to be reluctant to boost expenditures and increase federal deficits just weeks before elections that will determine control of Congress.

Jim Manley, spokesman for Senate Majority Leader Harry Reid of Nevada, cautioned, "If we are going to get anything done, Republican cooperation, which has been all but nonexistent recently, will be necessary."

That left the plan with low, if not impossible, odds of becoming law this year. When Congress returns from summer recess in mid-September, it is likely to remain in session for only a few weeks before lawmakers return home to campaign for



President Obama waves after speaking at the Milwaukee Area Labor Council Laborfest.

Mum's the Word

Administration officials wouldn't say what the total cost of the infrastructure projects would be, but did say the initial \$50 billion represents a significant percentage. Officials said the White House would consider closing a number of special tax breaks for oil and gas companies to pay for the proposal. Officials said this infrastructure package differs from the stimulus because it's aimed at long-term growth while still focusing on creating jobs in the short term. (AP)

re-election.

Administration officials said that even if Congress quickly approved the program, it would not produce jobs until sometime next year. That means the proposal's only pre-election impact may be a political one as the White House tries to demonstrate to voters that it is working to boost the economy and create jobs.

Republicans made clear that Obama should not expect any help from them. Senate Republican Leader Mitch McConnell of Kentucky said the plan "should be met with justifiable skepticism." He said it would raise taxes while Americans are "still looking for the 'shovel-ready' jobs they were promised more than a year ago" in the \$814 billion economic stimulus measure. DARLENE SUPERVILLE (AP)

Obama Assails Republicans

At a Labor Day speech in Milwaukee, President Obama said Republicans are betting that between now and the Nov. 2 elections, Americans will forget the Republican economic policies that led to the recession. He said they have opposed almost everything he has done to help the economy and have proposed solutions that have only made problems worse.

Summer Allergies?

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Nation

'Little Rock Nine' Member Dies

As teens, Thomas
and others broke Ark.
school's racial barrier

Little Rock, Ark.

Jefferson Thomas, who as a teenager was among nine black students to integrate a Little Rock high school in the nation's first major battle over school segregation, has died. He was 68.

Thomas died Sunday of pancreatic cancer, according to a statement from Carlotta Walls LaNier, who also enrolled at Central High School in 1957 and is president of the Little Rock Nine Foundation.

The integration fight was a first



sent National Guard troops to block Thomas and eight other students from entering Central High, President Eisenhower ordered in the Army's 101st Airborne Division.

Soldiers stood in the school hallways and escorted each of the nine students as they went from classroom to classroom.

Each of the Little Rock Nine received Congressional Gold Medals shortly after the 40th anniversary of their enrollment. President Clinton presented the medals in 1999 to Thomas, LaNier, Melba Patillo Beals, Minnijean Trickey Brown, Elizabeth Eckford, Ernest Green, Gloria Ray Karlmark, Terrence Roberts and Thelma Mothershed Wair. (AP)

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Session II - 1:30 pm to 3:30 pm – Finish & Specialty Trades

The CityCenterDC project will include the construction of two office buildings, two apartment buildings, and two condominium buildings, plus underground parking and extensive site work. This work will be bid in fall 2010. Topics to be covered at the workshop include contracting requirements and bid schedule, with a working lunch session from 11:30 am to 1:00 pm on CBE joint venture requirements (all trades are welcomed – pre-registration is required).

Please register online at www.citycenterdc.com.

For more information about the Pre-solicitation Workshop, contact Chrystal Stowe at Clark/Smoot, 202/243-6688 or via email at cstowe@srsmoot.com.

Nation

Judgeships Hit GOP Wall

Republicans keep president's nominees from filling positions

Washington

A determined Republican stall campaign in the Senate has sidetracked so many of the men and women nominated by President Obama for judgeships that he has put fewer people on the bench than any president since Richard Nixon at a similar point in his first term 40 years ago.

The delaying tactics have proved so successful, despite the Democrats' substantial Senate majority, that fewer than half of Obama's nominees have been confirmed and 102 out of 854 judgeships are vacant.

Forty-seven of those vacan-



JIM WATSON/AF/GETTY IMAGES

President Obama's high-court nominee Elena Kagan, right, was confirmed.

cies have been labeled emergencies by the judiciary because of heavy caseloads.

With Congress returning Sept. 13 for a session shortened by members'

desire to campaign for re-election in November, there's little time to reverse the trend. Some say there's little chance of reversing it as polls show a rising chance the GOP will capture the Senate, which could stiffen GOP resistance to confirmation votes.

The Obama administration got a slow start sending names to the Senate last year and has yet to try to fill two vacancies on the high-profile federal appeals court in the District of Columbia.

Obama has voiced only tepid public objection as more of his judicial nominees become stranded in Senate limbo. Senate Majority Leader Harry Reid, D-Nev., has been unwilling to set aside the considerable time needed to force votes under complex Senate rules.

There are 45 nominees awaiting action. **MARK SHERMAN (AP)**

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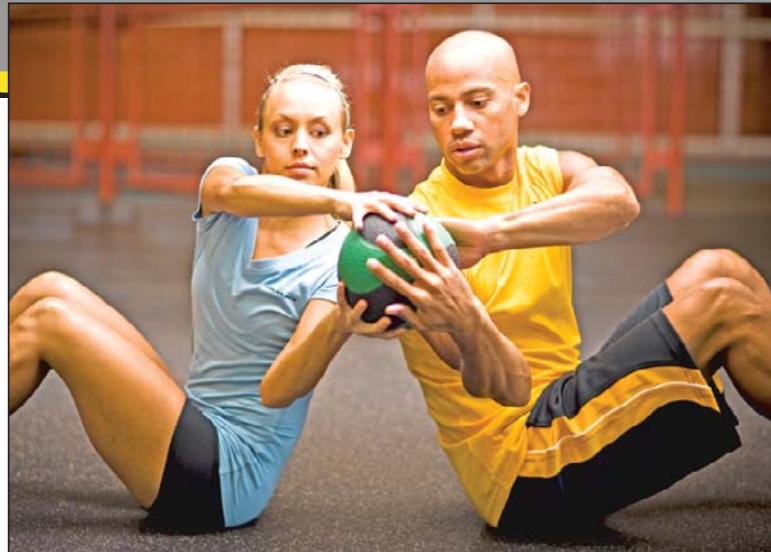




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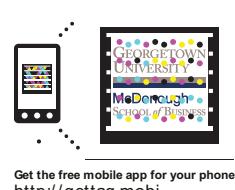
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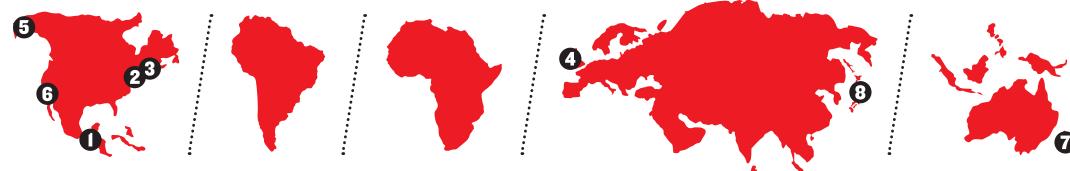
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Weekend Review



1 SAN SALVADOR, EL SALVADOR

\$9M Found in Oil Drums

Police in El Salvador have found two buried oil drums stuffed with millions of dollars in cash possibly linked to the illegal drug trade, authorities said Saturday. They announced that the drum contained about \$9 million in U.S. dollars. "It is possible that there are more," said Carlos Ascencio, director of the National Civil Police. (AP)

2 NEW YORK

Craigslist Shuts Its 'Adult Services' Section

Craigslist's "adult services" section has been shut down in the U.S., but prostitution on the Internet is alive and well—even, quite possibly, on Craigslist. It's unclear whether the shutdown is permanent. A black bar reading "censored" remained in place on the company's U.S. pages late Sunday. (AP)

3 LUBEC, MAINE

Hurricane Earl Moves On

Hurricane Earl failed to impress Down East residents as the storm's remnants passed to the east Saturday, raking the region with rain and churning up the surf but failing to generate gusts strong enough to produce damage. (AP)



4 Protesters Hurl Eggs at Blair

A protester demonstrates outside the Eason bookstore on Saturday in Dublin, Ireland. More than 200 anti-war protesters hurled shoes and eggs at former British prime minister Tony Blair as he arrived at the bookstore for his first public signing of his book "A Journey."

5 "EVERYTHING SHE'S DOING IS GEARED TO THAT. SHE WANTS TO BE PRESIDENT. AND GOD WANTS HER TO BE PRESIDENT, SO HOW CAN SHE SAY NO?"

— AUTHOR JOE MCGINNIS, REFERRING TO FORMER ALASKA GOVERNOR SARAH PALIN. MCGINNIS LEFT WASILLA SUNDAY AFTER LIVING NEXT TO THE PALINS FOR THREE MONTHS WHILE DOING RESEARCH FOR AN UPCOMING BOOK. PALIN HAD ACCUSED MCGINNIS OF MOVING IN NEXT DOOR TO SPY ON HER AND HER FAMILY.

6 LOS ANGELES

Paul Conrad Dies at 86

For more than half a century, Pulitzer Prize-winning cartoonist Paul Conrad poked fun at politicians. Conrad, who died Saturday at age 86, won the coveted prize three times for his efforts, but he also made Richard Nixon's enemies list. He died of natural causes at his home in the Los Angeles suburb of Rancho Palos Verdes surrounded by his family. (AP)

7 CHRISTCHURCH, NEW ZEALAND

Quake Rocks N.Z. City

The powerful 7.1-magnitude earthquake that smashed buildings, cracked roads and twisted rail lines around the New Zealand city of Christchurch on Saturday also ripped a new 11-foot-wide fault line in the earth's surface, officials said Sunday. At least 500 buildings, including 90 downtown properties, have been designated as destroyed by the quake. (AP)

8 TOKYO

five

The number of months

Japanese freelance journalist and veteran of war zones Kosuke Tsuneoka was held captive by militants in Afghanistan. Tsuneoka was released unharmed and tired Saturday night to a Japanese Embassy.

In Brief

CENTURION, SOUTH AFRICA

S. African Unions Halt Civil Service Strike

South African civil servants unions are suspending a nationwide strike for higher wages to give members time to consider the government's latest offer, labor leaders said Monday. (AP)

MAIDUGURI, NIGERIA

Radical Muslim Sect Blamed for Two Killings

Police investigators say a radical Muslim sect has killed a retired police officer and a market trader in northern Nigeria, the latest targeted shootings blamed on the group. Borno state police commissioner Ibrahim Abdu said on Monday that the killings were carried out by motorcycle-riding gunmen from the Boko Haram sect. (AP)

LONDON

Regulators Want Avandia Pulled From U.K. Market

British drug regulators say GlaxoSmithKline's diabetes pill Avandia should be pulled from the U.K. market because of concerns that the drug can increase the risk of heart attacks. (AP)

27

The height, in inches, of 24-year-old Colombian Edward Nino Hernandez, who weighs in at only 22 pounds. He was just certified by Guinness World Records as the world's shortest living man. (AP)

Lawyer Fears Stoning Imminent

Iranian woman was lashed 99 times in separate punishment

Tehran, Iran

The lawyer for an Iranian woman sentenced to be stoned on an adultery conviction said Monday that he and her children are worried the delayed execution could be carried out soon with the end of a moratorium on death sentences for the Muslim holy month of Ramadan.

In an unusual turn in the case, the lawyer also confirmed that Sakineh Mohammadi Ashtiani was lashed 99 times last week in a separate punishment meted out because a British newspaper ran a picture of an unveiled woman mistakenly identified as her. Under Iran's clerical rule, women must cover their hair in public.

With the end of Ramadan this week, the mother of two could be executed "any moment," said her lawyer, Javid Houtan Kian.

The sentence was put on hold in July after an international out-

Backstory



Sakineh Mohammadi Ashtiani was convicted in 2006 of having an "illicit relationship" with two men after

the murder of her husband the year before and was sentenced at that time to 99 lashes. Later that year, she was also convicted of adultery and was sentenced to be stoned, even though she retracted a confession that she says was made under duress. (AP)

cry over the brutality of the punishment, and it is now being reviewed by Iran's supreme court.

"The possibility of stoning still exists, any moment," Kian told The Associated Press. "Her stoning sentence was only delayed."

Italy is among several countries pressing for Iran to show flexibility in the case. The country's foreign minister, Franco Frattini, said the Italian ambassador in Iran met with authorities in Tehran who "confirmed to us that no decision has been made" about the stoning sentence. NASSER KARIMI (AP)

Afghans Rally Against the U.S.

AFGHANS BURN AN EFFIGY of Dove World Outreach Center's pastor Terry Jones on Monday during a demonstration against the United States in Kabul, Afghanistan. Hundreds rallied against the U.S. and called for President Obama's death at a rally in the capital Monday to denounce the American church's plans to burn the Islamic holy book on Sept. 11.

Taliban Suicide Bomber Kills 17 Police, Civilians

Lakki Marwat, Pakistan

A Taliban suicide bomber detonated a car in an alley behind a police station in a strategically important town in northwestern Pakistan on Monday, killing at least 17 police and civilians in an explosion that shattered the station and neighboring homes.

About 40 people were wounded in the attack in Lakki Marwat, Pakistan.

A Pakistani army offensive pushed many militants out of South Waziristan in October. The militants still control much of North Waziristan, where U.S. drone aircraft have been conducting a campaign of targeted killings. (AP)

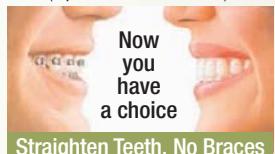
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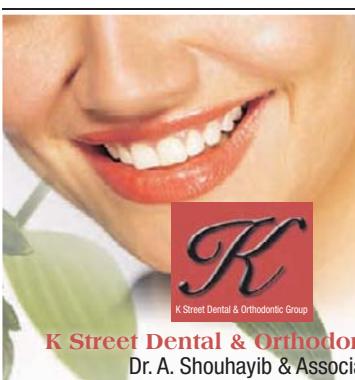
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World

Guatemala's Unrelenting Mudslides Kill 44

Guatemala City

Searchers on Monday pulled more bodies from a mud-covered highway where back-to-back landslides buried bus passengers and people trying to save them. Yet more mudslides helped raise Guatemala's official death toll to 44 after days of torrential rains.

Authorities said 24 people are confirmed dead and at least 16 are believed to be still buried beneath

the debris in the village of Nahuala, where a first mudslide buried a bus and other vehicles, then a second one turned would-be rescuers into victims.

At least 20 others died over the weekend elsewhere as a tropical depression saturated the ground and set off more than a dozen landslides around the country, according to the national disaster agency. The most recent slide, on a highway in northern Guatemala, killed



Women grieve for mudslide victims at a funeral Mass on Sunday in Guatemala.

one person and injured 26 on Sunday. Search and rescue efforts were suspended Sunday for fear that the mountainside could give way yet again, but digging resumed Monday with heavy machinery and fewer workers, said Sergio Cabanillas, a Civil Protection director.

All told, there were 15 landslides at different spots along the Inter-American Highway within a 48-hour period, a communications minister said. LUIS ANGEL SAS (AP)

SALES



Model Jerry Hall plans to auction some of her art collection Oct. 15-16, including a famous portrait by Lucian Freud that shows Hall nude when she was eight months' pregnant, Sotheby's said Monday. The auction will also include works by Andy Warhol, Damien Hirst, David Bailey and other artists. (AP)



U.S. Department of Health and Human Services National Institutes of Health

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World

Survivors Recount Boat Disaster

Kinshasa, Congo

Survivors who swam to safety after their overcrowded boat capsized over the weekend said nearby fishermen refused to help drowning passengers in the dark of night, instead looting the goods aboard the burning vessel and beating people with oars.

At least 200 people are feared dead from the disaster in southern Congo, one of two deadly boat accidents in as many days that have highlighted the dangers of travel in the country that was ravaged by back-to-back civil wars. Officials say 70 other people died in another weekend accident in the country's northwest.

Lax Safety Rules

In a country with few paved roads, boarding an overcrowded boat on a treacherous river is simply a way of life. Because barely anyone can afford to fly, travelers in Congo ride on boats and barges not intended for people. And there is no such thing as maximum occupancy: Boat operators try to make as much money as they can, overloading the vessels with passengers and cargo. (AP)

Romaine Mishondo, who survived the fiery boat sinking in southern Congo, said late Sunday that the vessel was so crowded it reminded her of "a whole market

in the village full of people." The boat had stopped to pick up even more people just 10 minutes before a fire broke out, she said.

As people began jumping overboard, nearby fishermen ignored the passengers' pleas for help.

"Fishermen attacked the boat and started beating passengers with paddles as they were [trying] to loot goods," she said. "The fishermen refused to save passengers, instead taking goods."

Francois Madila, an official from the navigation department in the province, said police arrested two crew members and are investigating the capsizing, which took place near the Central African nation's border with Angola. PATRICE CITERA (AP)

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Money

Counting Their Penny-Pinchers

Companies stock up on items that promise to save big dollars

New York

How do you get penny-pinchers to spend these days? Pitch products that promise to save them money. Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny slivers of soap.

"The mood of the country has changed. We've had tremendous opportunity with this recession."

— A.J. KHUBANI, THE MAN BEHIND MANY "AS SEEN ON TV" PRODUCTS.

Marketers of these gizmos tout how the pennies they save by reducing waste can add up. Retailers are stocking up.

During the Great Recession, pen-



AP

ny-pinchers got even cheaper, while showing the newly frugal how it's done. Cheapskate gadgets may be a sign of the times, but they're also a sign of how product makers and retailers are trying to get people back in the spending habit.

A.J. Khubani, the man behind many "As Seen on TV" gadgets such as the PedEgg foot scraper, is making cheapskate gimmicks a priority at his company Telebrands.

More than half of Telebrands' gadgets, sold online and at 90,000

stores, are now focused on helping shoppers be cheap. Khubani is speeding up the production rate of products he's launching from every 60 days to every 30 days.

An open question is whether the truly frugal are too cheap to buy the gadgets that can cost up to \$20.

"Surely, people who lived through the Great Depression found ways to use up all their soap without needing a soap saver," said Lynnae McCoy, who runs the blog



Ways to Save

Here are some of the items stores are stocking up on that they claim will help people save a buck.

- Caps that keep the fizz in opened soda cans.
- Digital day counters: Gizmos that count the days and hours food has been in the refrigerator, to help keep track of when that milk might be in danger of going bad.
- New, stylish versions of pants extenders that let people wear their clothes even after they gain or lose weight.

Beingfrugal.net. Are these products convenient? Some of them, yes. But are they necessary? No. And in some cases, they're probably a complete waste of money."

ANNE D'INNOCENZIO (AP)

Study: Money — Up to \$75K — Buys Happiness

Washington

They say money can't buy happiness. They're wrong.

At least up to a point. People's emotional well-being — happiness — increases along with their income up to about \$75,000, researchers report in Tuesday's edition of Proceedings of the National Academy of Sciences.

For folks making less than that, said Angus Deaton, an economist at Princeton University, "Stuff is so in your face it's hard to be happy. It interferes with your enjoyment."

Deaton and Daniel Kahneman reviewed surveys of 450,000 Americans conducted in 2008 and 2009 for the Gallup-Healthways Well-Being Index that included questions on people's day-to-day happiness and their overall life satisfaction.

Happiness got better as income rose, but the effect leveled out at \$75,000, Deaton said. On the other hand, their overall sense of success or well-being continued to rise as their earnings grew beyond that point. (AP)



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Secret of Their Succession

N. Korea's first party meeting in 30 years fuels rumors about Kim Jong Il's plans

Seoul, South Korea

Huge posters plastered across the North Korean capital hailed the nation's biggest political convention in 30 years as a historic event as the world watched Monday for signs that the country's next leader was making his public debut.

Party delegates from all corners of North Korea were gathering in Pyongyang, state media said. Thousands practiced waving pink and red plastic flowers in a weekend rehearsal of celebrations at Kim Il Sung Square, China's Xinhua news agency said.

The capital was festooned with posters urging North Koreans to "make this a festive event that will shine in the history of our country and people." One North Korean professor told broadcaster Associated Press Television News the party meeting marked a "turning point" for the communist nation.

However, there was no confirmation Monday that the convention, slated to take place in "early September," had begun, with the timing kept secret as is typical of the North Korean regime.

The gathering is the Workers' Party's first major meeting since the landmark 1980 congress where Kim Jong Il made his public debut as North Korea's future leader. Now 68 and reportedly suffering from diabetes and other ailments, Kim is believed to be grooming his youngest son, Jong Un, to take the Kim



North Korean soldiers march in Pyongyang, where a political gathering this week could bring news of who will succeed Kim Jong Il.

High Tension

The conference comes amid tensions with the international community over the North's nuclear program, as well as a the deadly March sinking of a South Korean warship. However, the regime said Monday that a seven-member crew of a South Korean fishing boat seized last month in its waters would be released as a humanitarian gesture. (AP)

Backstory

A history of North Korea's leadership:

dynasty into a third generation.

Very little is known about the twenty-something heir apparent said to be his father's favorite among three sons. His name has never been mentioned in state media, and there are no known photos of him as an adult.

There was speculation that Kim Jong Il took the son to China on a recent surprise trip, but there was no mention of Jong Un in dispatches in Chinese or North Kore-

an state media.

Still, South Korea's defense minister said military officials were preparing for any situation that might arise if the succession doesn't go smoothly.

This year's gathering in Pyongyang is not a top-level party congress but a meeting of party representatives that North Korea's state-run Uriminzokkiri web site said is held "when urgent or extraordinary matters arise." (AP)

The Lineage

Not much is known about North Korea's first family, even the age of its presumed new leader.

Kim Il Sung

The late anti-Japanese guerrilla fighter remains North Korea's "eternal president." His April birthday is one of the country's most important holidays.

Kim Jong Il

He holds the title of chairman of the country's National Defense Commission, general secretary of the Workers' Party of Korea and supreme commander of North Korea's military.

?

Kim Jong Nam

Kim Jong Choi

Kim Jong Un

Kim Jong Un is favored to replace his father as leader even though he is the youngest of three brothers. It's not clear if he was born in 1983 or 1984.

Kim Jong Nam is known for binge spending and has fallen out of favor with his father.

Kim Jong Choi has held a key position on the party's Central Committee. (AP)

1950

1960

1970

1980

1990

2000

2010

1948 | Kim Il Sung—father of Kim Jong Il—establishes the Democratic People's Republic of Korea in the northern half of the Korean peninsula.

1950 | North Korea invades South Korea, starting the three-year Korean War.

1974 | Kim Jong Il is elected to the Political Bureau of the Workers' Party's Central Committee and formally becomes North Korea's next leader.

1980 | Kim Jong Il's status as the country's next leader is officially announced at the Workers' Party congress, where he takes up other top positions, such as membership of the party's Central Military Commission.

1991 | Kim Jong Il is named Supreme Commander of the Korean People's Army.

1994 | Kim Il Sung dies of a heart attack and Kim Jong Il inherits power.

2008 | Kim Jong Il suffers a reported stroke.

2009 | Kim Jong Un's birthday—Kim Jong Il's son—is reportedly designated a national holiday.

Local

Will Rhee Stay or Will She Go?

Schools chancellor's fate tied to results of D.C. mayoral primary

Washington

The scenario is familiar in the District and big cities across the country: An ambitious leader is appointed to reform schools. Policies and practices are upended, five-year plans unveiled, a flurry of initiatives launched with high hopes. After two or three years, political pressure from interests and constituencies unhappy with the changes forces the newcomer out. Enter a successor with a new agenda.

That is what many supporters of D.C. Mayor Adrian M. Fenty and Schools Chancellor Michelle A. Rhee fear will happen if Fenty loses to D.C. Council Chairman Vincent C. Gray in the Sept. 14 Democratic mayoral primary.

Rhee has hinted broadly that she cannot work for Gray, because



LINDA DAVIDSON/TWP

Michelle Rhee, right, appears at a rally for Adrian Fenty, left, on Saturday in D.C.

"I don't spend a ton of time thinking about the what-ifs. I'm a much better thinker when it's 'Here's the situation, now what?'"

— MICHELLE RHEE, D.C. SCHOOLS CHANCELLOR, ON HER FUTURE IN THE DISTRICT.

she doubts his resolve to support the unpopular personnel and budget decisions that have marked her tenure. Rhee's advocates say instability at the top would place at risk encouraging gains in academic achievement, enrollment and teacher quality that have not had a chance to take root.

"It's really tough to make a dent in one to three years," said Harvard education professor Thomas Payzant. It's a measure of the District's revolving-door history that if Rhee leaves early next year, she will still be the longest-serving schools leader in the last 20 years.

Yet there is reason to believe that if Rhee leaves, the old patterns of churn and change may not play out again in the same way. Major shifts in national education policy, such as the 2002 No Child Left Behind law and President Obama's Race to the Top grant competition, have created expectations and commitments that will be difficult for any new administration to reverse.

BILL TURQUE (THE WASHINGTON POST)

DC Rider

Why aren't there more 8-car trains running? It would seem that during times of increased ridership, Metro would offer trains with more capacity."

— COMMENTATOR MARGOT BEAUSEY

Today's Question

Should Metro increase the number of 8-car trains running during rush hour?

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The number of horses killed due to an early morning fire Monday in the stables near Hollywood at Charles Town Races in Charles Town, W.Va. WTOP reports that there were no fire extinguishers in the wooden barns, and that the structures contained straw and hay that hastened the blaze. No people were hurt in the accident, officials said. (EXPRESS)

The Lotteries

Monday, Sept. 6

Maryland

Mid-day Pick 3.....	7-0-4
Evening Pick 3 (Sun.).....	2-1-8
Mid-day Pick 4.....	8-9-6-3
Evening Pick 4 (Sun.).....	2-5-7-3
Match 5 (Sun.).....	8-25-27-33-36 (11)

District

Mid-day Lucky Numbers.....	8-7-6
Evening Lucky Numbers (Sun.).....	7-7-1
Mid-day DC 4	7-1-3-6
Evening DC 4 (Sun.).....	7-9-3-2
Mid-day D.C. Five	3-8-0-2-5
Evening D.C. Five (Sun.).....	6-6-7-2-7
Daily 6 (Sun.).....	1-2-16-24-29-38 (33)

Virginia

Mid-day Pick 3	1-9-7	Evening Pick 4 (Sun.).....	2-7-9-1
Evening Pick 3 (Sun.).....	9-6-6	Mid-day Cash 5 (Sun.).....	2-13-16-20-30
Mid-day Pick 4	5-2-9-1	Evening Cash 5 (Sun.).....	4-6-15-28-29

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Local

In Brief



IMAGE COURTESY YOUTUBE

Robert Ehrlich's 30-second TV commercial is titled "Let's Get to Work."

ANNAPOLIS, MD.

Ehrlich Debuts TV Ad

Former Republican governor Robert Ehrlich's campaign unveiled its first television commercial Sunday, telling voters Maryland is in trouble because of debt and higher taxes. In the 30-second commercial titled "Let's Get to Work," Ehrlich tells viewers the state is worse off than it was four years ago because of dangerous debt, higher taxes and not enough jobs. (AP)

CHARLOTTESVILLE, VA.

UVa. Unveils iPhone App

The University of Virginia has rolled out its official iPhone app — nicknamed "The Good Ol' App" — to offer quick and easy access to a voluminous amount of content for students, alumni, faculty, staff, visitors and Cavalier sports fans. "It's a wonderful little device and it's a wonderful way to stay connected with the university," said Zachary Wheat, director of interactive media and Web services in the school's Office of Development and Public Affairs. (AP)

COLLEGE PARK, MD.

UMd. Student Robbed In Early Morning Attack

Prince George's County police say a University of Maryland student was robbed by four people, one of whom tackled the student while another took his wallet. Police say the student was approached by the four about 2 a.m. Sunday as he was walking on Hartwick Road near Princeton Avenue. The robbery follows several similar attacks in recent weeks in the area, including an Aug. 27 robbery in which three students were assaulted and robbed as they were getting into a car in a hotel parking lot. (AP)

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"He worked hard and made a few mistakes here and there. But he's getting better."



GETTY IMAGES

In Brief



Matt Leinart, cut by the Cardinals, signed a one-year deal with the Texans.

PRO FOOTBALL

Leinart Lands in Houston

Quarterback Matt Leinart has agreed to a one-year deal with the Houston Texans, according to agent Tom Condon. Leinart was cut by Arizona on Saturday. Condon confirmed in a phone interview with The Associated Press on Monday that the former USC standout and Heisman Trophy winner had reached a deal with the Texans. (AP)

TENNIS

Fish Filleted at Open

What could have been a great day for American tennis instead turned into a dominating afternoon for Novak Djokovic. The third-seeded Djokovic routed No. 19-seeded American Mardy Fish, 6-3, 6-4, 6-1 on Monday, sapping the energy from both his opponent and nearly packed Arthur Ashe Stadium, and leaving only one American man in the draw at the U.S. Open. (AP)

THE REALIGNMENT

Shanahan-Haynesworth saga continues into 'Dallas week'

The Redskins

Donovan McNabb was practicing again, Albert Haynesworth was still running mostly with the backups, and Brian Orakpo opened practice by yelling: "Dallas week! Y'all know what time it is."

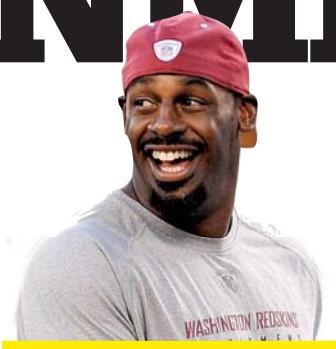
The Redskins hit regular season mode Monday with as much drama as ever, with tension a bit higher at practice and coach Mike Shanahan ratcheting his game face up a notch or two ahead of Sunday night's opener against the Dallas Cowboys.

Amid the good news of McNabb was the more complex issue revolving around Haynesworth, the defensive lineman who has been a source of friction for most of

the calendar year. Haynesworth was made to play the entire game Thursday in the preseason finale against Arizona when all of the regular starters had the night off — unheard of for a ninth-year veteran who's twice been an All-Pro — and there remains uncertainty as to his role in the defense.

Defensive coordinator Jim Haslett said Haynesworth took "a few" snaps with the first-stringers Monday and that it doesn't make a difference who starts because linemen are frequently rotated in and out of the game. Haslett said Haynesworth took snaps at defensive end, nose tackle and played some in the nickel packages.

"He has a much better understanding" of the defense, Has-



'Ready to Go'

Donovan McNabb was wearing a helmet instead of a baseball cap for the first time since spraining his left ankle in the preseason game against the Ravens on Aug. 21. While he's lost a lot of valuable practice and playing time getting over the injury, McNabb appears set to make his Redskins debut. "He's ready to go," coach Mike Shanahan said. (AP)

lett said. "He's starting to come around."

As for any definite word that Haynesworth will even play on Sunday? Don't look for any enlightenment from coach Mike Shanahan. "He's one of our players," the coach said. "We're going to play the best players who are ready to play."

Shanahan soon grew tired of questions about Haynesworth, as has happened several times in his sessions with reporters over the past few weeks.

The other players are sick of the talk, too.

"Hopefully, whatever they got going they can go on and iron it out," cornerback Carlos Rogers said, "where he can go on and get out with us." JOSEPH WHITE (AP)

MLB SCOREBOARD

Cardinals 8, Brewers 6

White Sox 5, Tigers 4 (10)

Orioles 4, Yankees 3

Nationals 13, Mets 3

Marlins 7, Phillies 1

Blue Jays 7, Royals 2

Pirates 3, Braves 1

Twins 5, Royals 5

Cubs 5, Astros 4

Sports

A Grand Day for Rookie Espinosa, Nationals

Washington eclipses win total from '08, '09 in rout of Mets

The Nationals

Rookie Danny Espinosa drove in six runs, hitting a grand slam and a solo homer, and getting two other hits and helping the Washington Nationals rout the New York Mets 13-3 Monday for their third-straight victory.

Espinosa, called up from Triple-A on Wednesday, led off the third inning with a home run off

Mike Pelfrey. Espinosa added an RBI single in the fifth, hit a grand slam off Ryota Igarashi in the sixth and doubled in the eighth.

Espinosa has three homers in his last three games.

Washington scored 13 unanswered runs to post its 60th win of the season, eclipsing the Nationals' total from both 2008 and 2009.

Ivan Rodriguez's two-run double ignited a five-run rally in the fourth. Michael Morse hit a tie-



Danny Espinosa homered twice and had six RBI in the Nats' victory on Sunday.

breaking single off Pelfrey (13-9) as the Nationals came back from a 3-0 deficit. Rodriguez finished with three RBI.

Scott Olsen (4-8) picked up the victory with four hitless innings of relief. It was Olsen's first appearance out of the bullpen since his 2005 rookie season. Collin Balster worked the ninth, finishing a three-hitter.

Nats starter Jordan Zimmermann, who is still in the early stages of returning from Tommy John surgery, worked four innings, allowing three runs — one earned — on three hits. (AP)

TV Lineup

NATIONALS (7 P.M., MASN2) There's not much left for the Nationals to play for when hosting the New York Mets.

TENNIS (1 P.M., 7 P.M., ESPN2)

The women's quarterfinals and men's round of 16 are featured at the U.S. Open.

Correction

Friday's sports section incorrectly stated Serena Williams was competing in the U.S. Open. She withdrew from the event due to a foot injury. Her sister, Venus, is in the Open quarterfinals for the 10th time in her career.

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Sports

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TONI L. SANDY/SIWP

MARYLAND RUNNING BACK Da'Rel Scott runs for nine yards during the Crab Bowl against Navy in Baltimore Monday. The season opener for both teams ended after Express' deadline. For results | washingtonpost.com/sports

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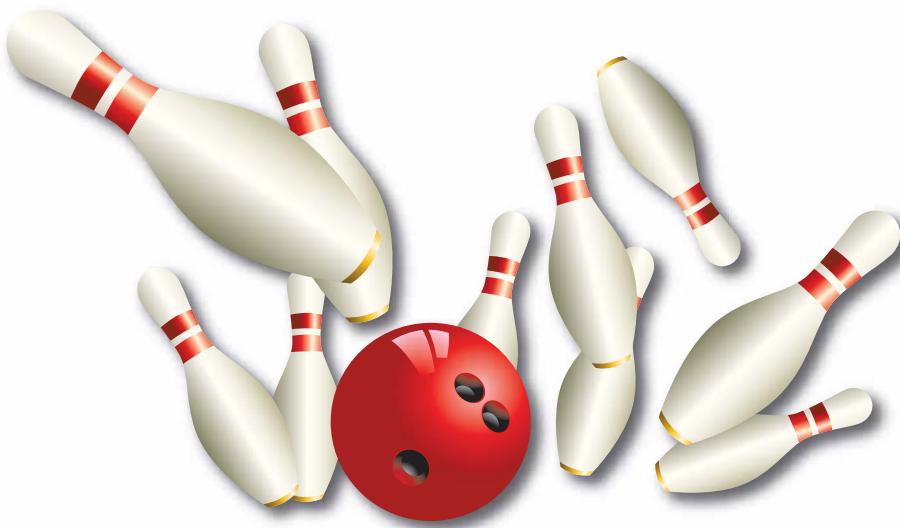

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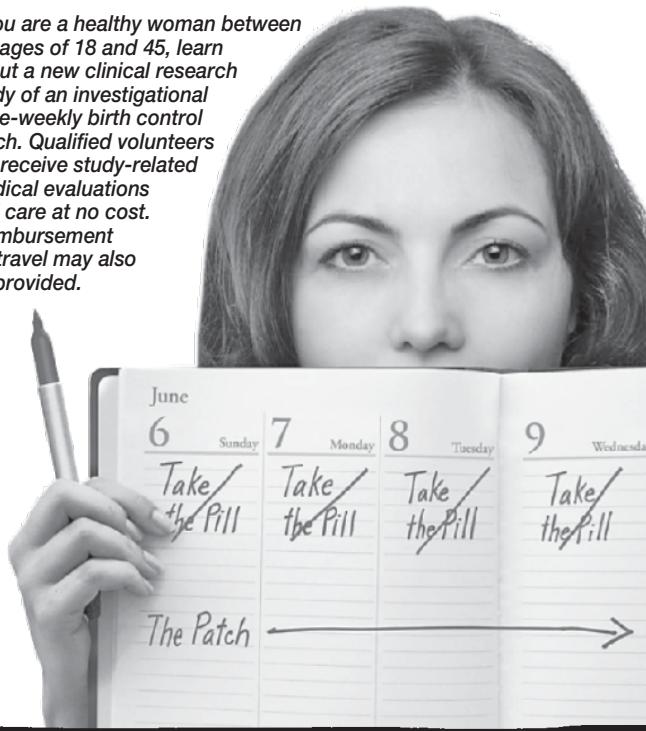
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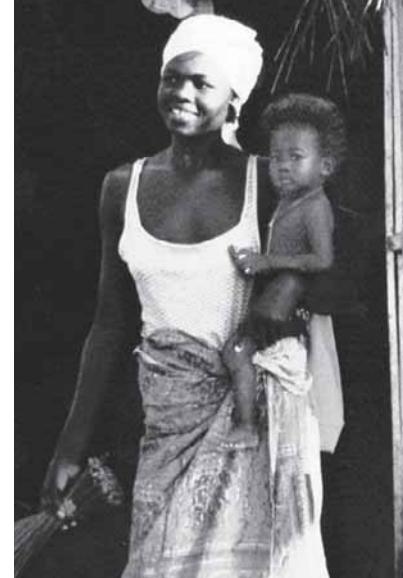
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TARGET Study 291, Patient Poster, Version 1.0, dated 1 June 2009.
Prepared from Clinical Study Protocol Final Version, dated 5 March 2009.

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Sports

U.S. Rolls Over Angola, 121-66

Americans finally find championship form in quarterfinal

Basketball

Before it can win a world championship, the United States needed to start looking like a world champion.

Kevin Durant, Chauncey Billups and the rest of the Americans finally had that appearance Monday, powering into the quarterfinals with a 121-66 victory over Angola.

"Obviously, we want to stay humble, but at the same time we have to know that we can do it," forward Kevin Love said. "We know, regardless of what people are saying, that we still are the favorites, and we should play and really act like it, too."

They did, opening the knockout



Russell Westbrook (1) powers toward the basket against Turkey Monday in Istanbul.

round with a quick knockout.

With Billups scoring 16 of his 19 points and Durant all of his 17 in the first half, the Americans saved their most impressive performance in Istanbul for the elimination stage, overwhelming the Angolans from the start after a couple lackluster performances to

close the group stage.

"We don't want to be a team that's going to turn it on and off," Durant said. "I think of course we're playing with a little more sense of urgency when you know if you lose, you go home. Guys came out and responded from those last two games." **BRIAN MAHONEY (AP)**

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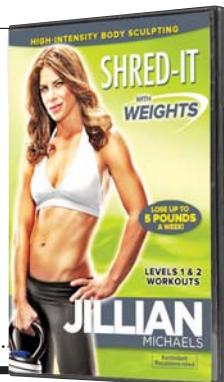
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fit



Guinea Pig | Rock the Bells

Kettlebells plus Jillian Michaels equals pain. But there's no doubt you'll subtract pounds with the "Biggest Loser" trainer's latest DVD, "Shred-It With Weights" (\$9.99, Amazon.com). The disc features two workouts (a beginner-friendly level 1 and an "Are-you-serious?" level 2) along with a handy kettlebell tutorial to prevent you from throwing out your back with the swinging, lifting and jumping. You can do the workout with a dumbbell, too, but it might feel clumsy.

Body Talk



COURTESY FOREST CITY



Tamara Di Tella, far right, adjusts Lauren Polivka in a demonstration of Tango Pilates at Balance Gym. You can take either private sessions or do it in a duet, like above.

Takes Two to Get Toned



By Vicky Hallett

Walk—the city is invited to celebrate by working up a sweat. Saturday's activities include lawn games, Capital Bikeshare demos, hooping, badminton and bocce, as well as a series of complimentary classes offered by Vida Fitness. (Info at Capitolriverfront.org.)

The park is the first phase and the "centerpiece amenity" of the Yards (Dcyards.com), according to spokesman Gary McManus. Residential units, and office and retail space are expected to grow up around the green area, which will bring more people to the neighborhood to get out and exercise. The developers are also trying to lure vendors who'll rent bikes, roller skates and kayaks to keep fitness front and center. But why wait for the park to get packed? It's an easy bike ride from the Hill or a quick walk from the Metro (Navy Yard stop). That grass is calling for your ass.



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

Perform Pilates with a partner to tango music and you have an exercise sensation

Workout

What's new, Buenos Aires? That's what physical therapist/Pilates instructor Lauren Polivka wanted to find out when she visited the Argentine capital last year. She soon stumbled across "Tango Pilates," an exercise method that combines elements of the two disciplines.

Participants perform core-strengthening steps on a square apparatus to tango tunes, which encourage a level of calorie burn you don't typically get from mind-body exercise. But what really hooked Polivka is that, like the dance, it takes two to pull it off. "Working together makes you so much more aware," she says.

And now, she's working with Tamara Di Tella, creator of Tango Pilates, to introduce it at Glover

Park's Balance Gym (2121 Wisconsin Ave. NW; 202-965-2121, [Balance gym.com](http://BalanceGym.com)). Although the method is taught around the globe, Balance is one of the first sites in the U.S. to host the classes. So, Di Tella swung by recently to get the program off on the right foot.

"Inventions are like children. They grow," says Di Tella, who first developed the method in 2004 as a way to rehab Parkinson's patients. Because coordination was a problem, she paired them one-on-one with instructors so they could mirror each action. After reading some of neurologist Oliver Sacks' work on how rhythm could motivate movement, she also experimented with various types of music. "It had to be a strong beat. Salsa wouldn't do. Not New Age. Not cumbia," she says.

But when she played tango, it clicked—both for patients and the general public. It amazes Di Tella that she never thought of the connection between tango and Pilates before, since both require concentration, perfect posture, balance, coor-

"Tango and Pilates are exactly the same except that the tango came first."

— TAMARA DI TELLA, FOUNDER OF THE TANGO PILATES METHOD

dination and movements that flow from the core. "Tango and Pilates are exactly the same except that the tango came first," she adds.

Inspired by the findings, she invented her own apparatus: a slightly elevated square base that can be adjusted with a variety of accessories, including long poles, arches and elastic bands. And she developed 1,000 exercises to go along with it.

In a typical private session for a fitness enthusiast, the instructor (such as Polivka) starts by standing on the opposite side of the apparatus and stepping up and down on the base. Even this is challenging

to mimic because you're wearing socks, which will cause you to slip if you're not engaging your core muscles. She can then segue into step ups combined with kicks, quick side lunges and spins.

The attachments wobble if they're pulled too hard or incorrectly during the movements, so you'll get immediate feedback from the apparatus and the instructor if you need to adjust what you're doing.

There's also a series to do on traditional Pilates equipment, including the reformer. But instead of holding the straps on your own apparatus, you swap. So as you pull the handle toward your head (to pretend to doff your hat), you're actually moving the instructor on her machine, and she's moving you.

"It's a completely new form of exercise," says Polivka, who's offering free demos since you have to experience it to understand it. But anyone who hears the sounds of the bandoneon will immediately want to move, and that's the first step.

VICKY HALLETT (EXPRESS)

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Apply Yourself While on the Job

Q

I'm so bored in my job. No one cares about what they're doing, and I don't get any meaningful work. I know it's

a tough time to be looking now, but I'm thinking of just quitting. The problem is that my parents won't continue to help me out if I do that (they pay some of my college loans and help with my car insurance). They're worried that I will take forever to get a new job. But I think that if I don't have a job, I'll be more motivated in my search. **STUCK**

I wouldn't be deemed responsible if I encouraged someone to quit a job without having another lined up, especially in this economy (which feels about as strong as my NBA prospects). And the fact that the people who serve as your safety net wouldn't be on board with this plan makes it even more dangerous.

So, why not boost your motivation without shooting yourself in the foot and making your parents angry? Create a reward system for sending out resumes, or set up a bet with one of your friends that puts you out a certain amount of money if you don't do a job search task by a certain date. Make small daily goals and go from there, but do it while still collecting a paycheck.



@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

**By Dr.
Andrea
Bonior**

No More Bar Baby-Sitting

Q

Every time I go out with my housemate, she ends up wasted. We're just friends, but it always becomes my job, as the guy, to take care of her. I'm tired of having to cut my night short or miss out on meeting people because they assume we're together. I don't want to come across as selfish, and I know I could just stop going out with her, but we're all in the same circle. **INVOLUNTARY BABY SITTER**

It sounds like we have two layers of problems here: your friend's drinking, and the logistics of your friend's drinking. No doubt you're being affected by both, but if you truly value the friendship, you'll prioritize the deeper issue here, which is that she needs help.

Sure, emphasize those logistical issues — by explaining how much her drinking affects others

and by cutting off the enabling. But with this circle of friends of yours, help her seek out treatment and/or an AA meeting. I can understand your frustration, but the longer you view this as a problem of circumstance rather than a serious mental health issue, the larger a disservice you do your friend — and the more you guarantee the problem will continue.

Event Horizon

Trinity Thriller

If you're not one of the 7,000 people swimming, biking and running your way across the city this Sunday in the Nation's Triathlon (Thenationstriathlon.com), you can cheer them on during the record-breaking event — it's expected to be the largest Olympic-distance race in the country ever. The public is also welcome at the expo at the Washington Hilton on Friday and Saturday for free samples and deals on exercise merchandise.

Blend Bends to Be Better in Bed

Tara Stiles teaches readers to use yoga poses to get slimmer, calmer and sexier

Books

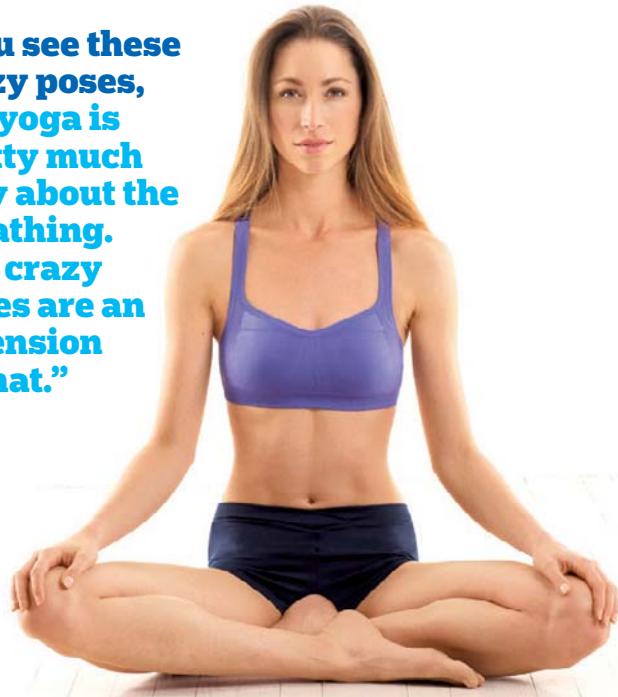
As a kid in rural Illinois, Tara Stiles liked to meditate in trees. So although she's grown up to own Strala, a New York yoga studio, and now

serves as Deepak Chopra's personal yoga instructor, she's a firm believer that yoga is something that should be accessible to anyone, anywhere — whether you're on a mat or a branch. Her new book, "Slim Calm Sexy Yoga" (\$23.99, Rodale) details the three major benefits of developing a practice and explains how to tap into them in as little as 15 minutes.

What do you hope people will get out of the book?

My greatest hope is that people get excited to do yoga in class or not. This is a choose your own adventure. You

"You see these crazy poses, but yoga is pretty much only about the breathing. The crazy poses are an extension of that."



COURTESY RODALE

can pick what works for you. Maybe you're having trouble sleeping, so you do pigeon pose and meditate. I'm excited to get to show the real-world applications for yoga. My hope is everybody can make yoga a part of their life — you make your coffee

and you do your yoga.

You also have a new DVD, "Yoga Anywhere," which features clips of you in Central Park and on a city sidewalk. Do you ever really do that?

Not by myself a whole lot, but with

friends we'll go to the park and do things. It's freeing to know you can practice wherever and whenever you want to. It doesn't have to be stuck in the studio. When I first moved here, my commute was always long, and I was getting frazzled. So, I would see how much I could slow my breath on the subway. It was a game to see how few breaths I could take before my stop.

What's the weirdest place you've ever done yoga?

I guess airports. Everybody goes to the bar for four hours during layovers, but there are routines I do if that happens. I bring my knees to my chest, just do a couple of twists. And I'm not the only one. I think it's intuitive. It feels good, and it's natural.

You emphasize breathing a lot in the book. Why?

You see these crazy poses, but yoga is pretty much only about the breathing. The crazy poses are an extension of that. They become easier the more you focus on the breath.

The "slim" and "calm" parts of yoga are pretty well known. What is it about yoga that's "sexy"?

On a practical level, it makes your relationships better, sex better, and it centers and grounds you. When you're actually having sex, this brings you into the moment. All things are better when you're present. And it makes your body healthier, so things work better.

Any suggestions for convincing your significant other to try the partner poses in your book?

Your partner will be receptive to it if you say this is going to make your sex life better, or you'll be better at your sport. It brings your attention on each other and on yourself. It doesn't need to be a 10-minute routine. You can just say let's do this one pose or let me massage your head. It's more of a conversation starter.

What's your favorite partner move?

I love the corpse pose and all the massage stuff. It feels so good when someone pulls on your neck. It just dissolves all that pressure and you feel so grateful.

VICKY HALLETT (EXPRESS)

Primed to Peddle Pedals

Bicycle Space aims to be cyclist central in downtown D.C.

Shopping

Time to make room for another wheeler-dealer in Washington: Bicycle Space (459 I St. NW; 202-962-0123, Bicyclespacewdc.com), a bike store and repair center, just opened near Mount Vernon Square.

True to its name, the airy, 4000-square-foot shop gives customers plenty of room to peruse the racks of clothing (lots of apparel brands for ladies, including Dude

"We're catering to the urban core — people who use bikes for work and to get around."

—JORDAN MITTELMAN, MANAGER OF BICYCLE SPACE, WHO PLANS TO ORGANIZE LOADS OF GROUP RIDES AT THE STORE.

Girl and Luna Sport), shoes, accessories and, of course, bicycles. "We're catering to the urban core — people who use bikes for work and to get around," says store manager Jordan Mittelman. That means it's the only spot in the city to snag Brompton folding bikes (\$1,000 and up). The

selection also includes an array of comfy cruisers and even cargo bikes (the Kona Ute, \$899, can haul four bags of groceries or a buddy).

Gear up for plenty of events and clinics. They've already started weekly Saturday morning group rides — 10 a.m. for beginners and 11:30 for intermediates. "It's just a way to keep people engaged with riding bikes, finding new routes and learning to enjoy biking in ways they haven't before," adds Mittelman, who expects they'll be taking plenty of advantage of the nearby Met Branch Trail.

Sounds like cyclists should make some "Space" in their schedules. V.H.



Since Bicycle Space just opened, its repair schedule is wide open. If you're having trouble with your wheels, Jordan Mittelman promises the store can fix them in a jiffy.

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Drinking one or two glasses of alcohol every day might help you live a longer life

Mortality

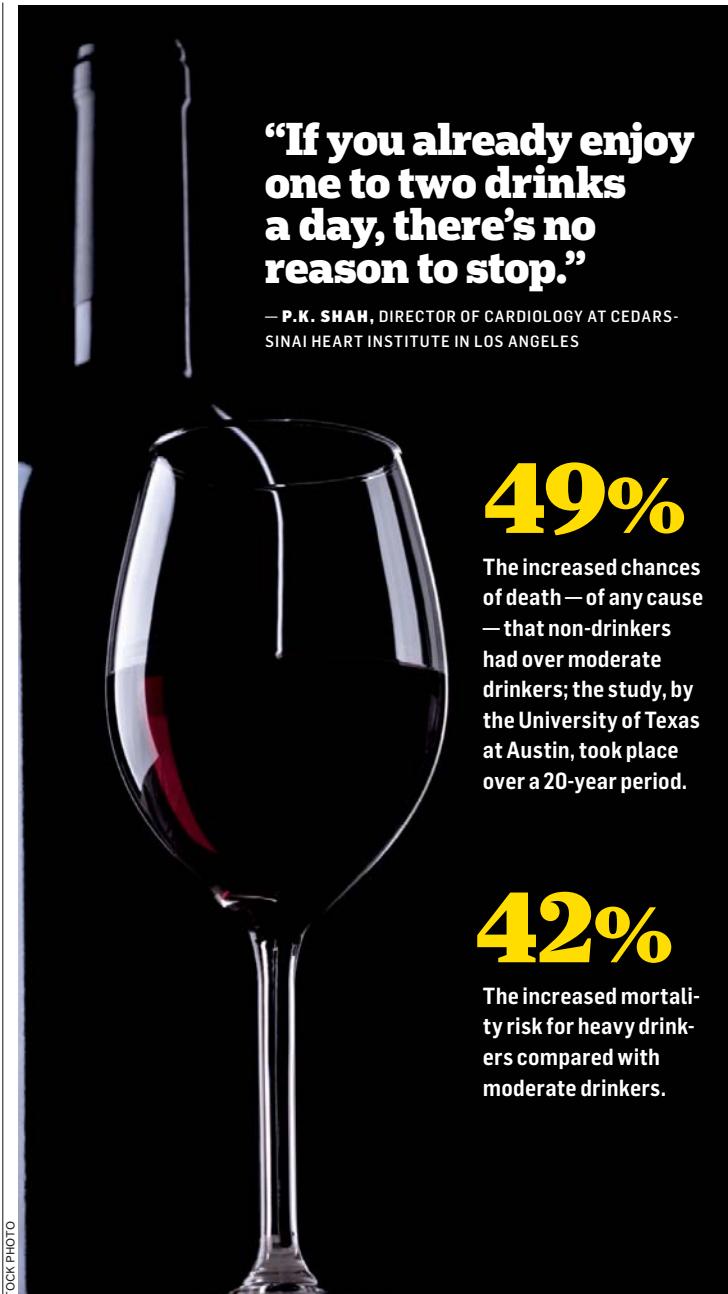
Here's news you can drink to: Having a glass or two of alcohol a day could actually prolong your life.

That's what researchers from the University of Texas at Austin are saying, after they concluded that moderate drinkers (who drink one to two servings of alcohol a day) are less likely to die an earlier death than both binge drinkers and people who abstain from alcohol entirely.

And while it's not a stretch to believe that drinking responsibly is healthier than pounding five beers every other night, the researchers did report other, more interesting findings. The most surprising one: Heavy drinking might be better for your health than abstaining from alcohol. Which begs the question: Really?

Here are the details: Research over a 20-year period showed that more than 1,000 adults who didn't drink were 49 percent more likely to die — of any cause — than those who drank moderately. This, despite each person's existing health problems, social factors and economic status. (Heavy drinkers also had a 42 percent increase in mortality risk compared with moderate drinkers.)

The study, published in the Aug. 24 online edition of Alcoholism: Clinical and Experimental Research, confirms several prior reports that show that moderate alcohol consumption is associated with a lower risk of death. But the new study has distinct advantages over past studies, says P.K. Shah, director of cardiology at Cedars-Sinai Heart Institute in Los Angeles, including its design, 20-year follow-up and the fact that it adjusted for various factors that could actually influence outcome.



"If you already enjoy one to two drinks a day, there's no reason to stop."

— P.K. SHAH, DIRECTOR OF CARDIOLOGY AT CEDARS-SINAI HEART INSTITUTE IN LOS ANGELES

49%

The increased chances of death — of any cause — that non-drinkers had over moderate drinkers; the study, by the University of Texas at Austin, took place over a 20-year period.

42%

The increased mortality risk for heavy drinkers compared with moderate drinkers.

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Shah also says that most research supports the idea that virtually any type of alcohol short of moonshine is beneficial — when used in moderation, that is. But the benefits must also be balanced with risks associated with addiction and toxicity, and their associated hazards.

"If it were completely safe, yes, we would recommend drinking alcohol. But you have to be very cautious in not advocating alcohol as a medication, because there are

individuals who are prone to addiction," he says. "For them, recommending alcohol as a way to stay healthy may not be very useful — they could go off the cliff. [But] if you already enjoy one to two drinks a day, there's no reason to stop." Just remember: One drink equals a 12-ounce glass of beer, a 5-ounce glass of wine or a 1.5-ounce glass of 80-proof alcohol. **ANDREW DANIELS** (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

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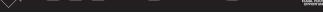
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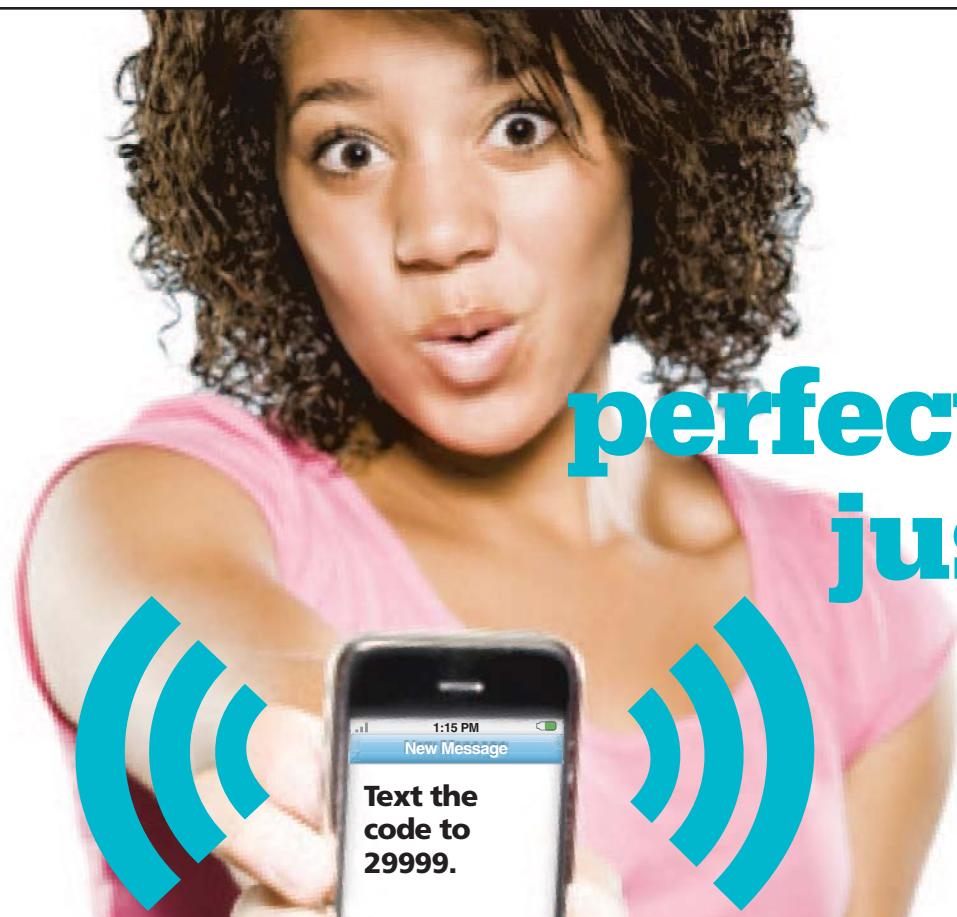
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Sound Bets



JASON ARTHURS

Chunk of Youth

If I can do anything — anything — in nine years as well as I do it now, with as much energy and passion, I'll be shocked. Aging changes you physically and mentally, and the things you're fervid about in your 20s and 30s might be distant memories — or physical impossibilities — by the time you're in your 40s and 50s.

But Superchunk's first album in nine years, "Majesty Shredding," is actually the band's most complete album since its 1990 self-titled debut and 1991 follow-up, "No Pocky for Kitty." In fact, each of the 11 songs on "Majesty Shredding" has the potential to be an indie-rock "hit," so the record is really on par with the group's untouched singles collections: "Tossing Seeds: Singles 89-91" and "Incidental Music 1991-95."

Superchunk has long perfected the collision of punk and pop, but one of the reasons "Majesty Shredding" is so indie-rock timeless is that Mac McCaughan's reedy vocals still sound like those of an impassioned 20-something, not the tired pipes of a 43-year-old dad. "Majesty Shredding" comes out Sept. 14, but turn back the clock now: Npr.org is streaming the record this week.



Comments? Give Christopher your feedback: expressnightout.com/soundbets

FALL TV PREVIEW

SIX TO SEE

So many shows! So little time! You already have to keep up with your slate of favorite returning shows. Now the networks expect you to carve out more hours to sample their 22 newcomers. What to do? Prioritize, of course. Here are six new fall series that deserve an early look. FRAZIER MOORE (AP)

"Lone Star"

FOX
9/20

A charismatic con man is married to one beautiful woman and shacking up with another, deep in the heart of Texas. Bob (Josh Wolk, below) truly loves them both. He also loves the opportunity this double life affords him to pull scams in two communities — as long as he can keep his two worlds separate.



"Raising Hope"

FOX
9/21

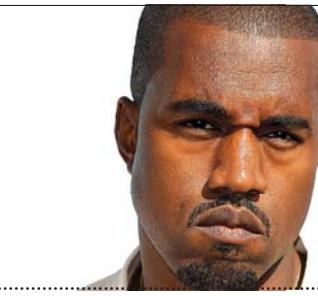
Greg Garcia, creator of "My Name Is Earl," is back with a new brood of lovable losers in this wacked-out dysfunctional-family comedy. Aimless 23-year-old Jimmy (Lucas Neff, above), stumbles on the fact that he's the father of a baby girl. Suddenly, Jimmy has a purpose in life. He persuades his none-too-capable mom and dad that baby Hope is their chance for a parenting do-over.



"Hellcats"

CW
9/8

"Hellcats" is one part youth melodrama, one part "Glee" in skimpy spandex. Gorgeous prelaw student Marti scorns her university's cheerleaders. But suddenly she needs to join the squad, led by feisty Siena (Ashley Tisdale, below) to keep her all-important scholarship. Scheming rivals and lots of dancing follow!



Twitter Meltdown

Kanye West is still super-sorry about the Taylor Swift thing **47**

"Hawaii Five-0"

CBS
9/20

This new version of the 1970s original is a miracle of souped-up, loving restoration. The governor of Hawaii gives Detective Steve McGarrett (Alex O'Loughlin) carte blanche to set up a justice team, which includes kvetching New Jersey transplant Danny "Danno" Williams (Scott Caan, below).



"Running Wilde"

FOX
9/21

"Arrested Development" creator Mitch Hurwitz has paired Will Arnett, below, with Keri Russell as a radiantly comic odd couple. Steve Wilde, the spoiled son of an oil tycoon, wants to reconnect with childhood sweetheart Emmy. But she is now an environmental activist whose tree-hugging zeal clashes with Wilde Oil.



"No Ordinary Family"

ABC
9/28

Michael Chiklis, above, plays a police sketch artist who feels meek both at work and at home. Julie Benz, above, is his brainy wife, and two teenagers complete this not-so-happy family. Then they all gain superpowers. How can they put those remarkable strengths to good use — and make them a unifying family affair?



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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

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1 Good Bad Romance

If you hate Lady Gaga, stop reading right now. You already know you hate her; you're not going to her show. Stop reading! Move on! Nothing to see here. OK, everyone else? This show is going to be SICK. If you don't have tickets yet, move quickly to see the total glittery insanity that is Gaga live. *Verizon Center, 601 F St. NW; 8 p.m., \$53-\$178; 202-628-3200, Verizoncenter.com.* (Gallery Place)

2 Domestic Art

We've been accused of having a thing for buttons — it's a minor compulsion; we can stop any time we want! — but we're pretty sure "Button Boxes," an exhibit at Cross Mackenzie, will appeal even to those who don't find clothing fasteners fascinating. Elizabeth Kendall's cascading clay pieces find the beauty in entropy. *Cross Mackenzie Ceramic Arts, 1054 31st St. NW; through Sept. 14, free; 202-333-7970, Crossmackenzie.com.*

3 Remember The Ladies

Simone de Beauvoir was one of many feminist thinkers who were overshadowed by the men in their lives — hey, she and Hannah Arendt could get coffee! — but her seminal book, "The Second Sex," has just been re-released with a new translation and some previously excised material reinstated. Translators Constance Borde and Sheila Malovany-Chevalier will talk about the new edition tonight. *Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)*



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lookout entertainment

Back to School

Relive the awkward years via '90s sitcom 'Boy Meets World'

DVD Review

As a coming-of-age series, "Boy Meets World" (1993-2000, RIP) was basically "Full House" for boys. In addition to protagonist Cory Matthews (Ben Savage), the show was full of male characters: suave best friend Shawn, not-always-so-wise

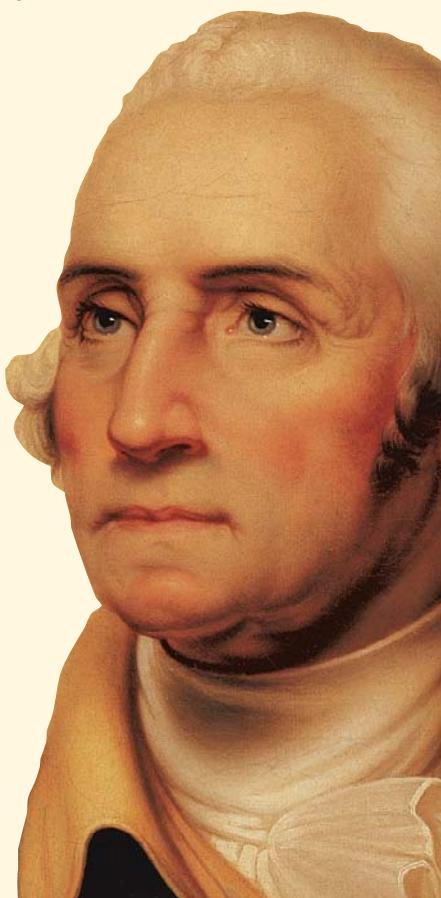
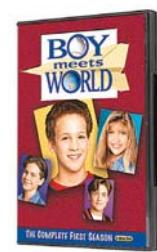
older brother Eric, cool teacher Mr. Turner and stern disciplinarian teacher/principal Mr. Feeny.

The first three seasons, out on DVD this week, bring Cory and Shawn from sixth grade into high school, with all the awkwardness that entails. It's not until the third season that the show settles into itself. Part of that has to do with Savage himself: His voice changes noticeably between seasons 2 and 3, and he finally loses

some of the baby face. He gets interested in girls, too.

About those girls: No '90s sitcom character had a more exotic name than Topanga, and Cory's main love interest had the eccentricities to match. Season 3 in particular is full of their relationship starts and stops, as the two figure out what dating means to them instead of just mimicking the relationships around them. Throughout it all, Savage is pitch-perfect in his portrayal of awkward Cory, who's never able to mask his nerves with the coolness that his best friend has in spades.

What's surprising is how quickly the show — and all its actors — faded from memory. Neither Savage nor any of the other mainstays went on to significant other roles. (There is one notable exception: Lee Norris, who played brainy sixth-grader Stuart Minkus, now plays nerdy Mouth on "One Tree Hill.") Still, for that brief moment in time, "Boy Meets World" did one thing very well: It showed that the awkward kid really could turn out OK. **CATHERINE LEWIS**



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TV tonight lookout

Best Bets

SYFY
8:00

Warehouse 13 After a former agent reopens a cold case involving Warehouse 13, Pete (Eddie McClintock, right) and Myka use H.G. Wells' time machine to travel back to 1961, where they hope to keep a killer from turning a group of women into glass.

BRAVO
10:00

The Rachel Zoe Project Rachel runs into a big problem with Demi Moore's Oscar dress and takes on another high-profile client — Olympic ice skater Johnny Weir. She and Brad try to get Weir to tone things down enough not to land on a worst-dressed list.

FX
10:00

Sons of Anarchy As season three opens, the Sons are still reeling from Abel's kidnapping, especially Jax (Charlie Hunnam, left). Still on the lam, Gemma (Katey Sagal) receives some unexpected news from her past.

FX
11:30

Louie In addition to playing a heightened version of himself, Louis C.K. has written and directed every episode of this sitcom's first season. That may be why he chose "Night Out," a new episode wherein Louie goes out for the night, to end this season. (TRIBUNE MEDIA)

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HBO

Across Enemy Lines

MY TRIP TO AL-QAEDA

HBO
9:00

"My Trip to Al-Qaeda" offers one journalist's meditation on fundamentalist Islam, and its history and appeal. Lawrence Wright won a Pulitzer Prize for "The Looming Tower: Al-Qaeda and the Road to 9/11," and he recently put on a one-man Broadway show about his experiences researching the book and interviewing men he knew were murderers and terrorists.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Competition



Game Faces

Anticipating the launch of NBC's NFL season on Thursday, host Guy Fieri, above, welcomes sports figures for a two-night NFL-themed "Minute to Win It" (8 p.m. on NBC). Tonight, Pierre Thomas of the New Orleans Saints and Visanthe Shiancoe of the Minnesota Vikings play for their respective charities, followed by a round featuring San Francisco 49ers cheerleader Amber Wright and Bernard Barrien of the Vikings. (T.M.)



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Adults (18 or over) with trichotillomania (compulsive hair-pulling) are invited to participate in a treatment study led by Dr. David Haaga at American University.

Treatments to be evaluated include a self-help website and in-person individual behavior therapy. Treatment is free, and you will be paid \$20/visit for four or five in-person assessment sessions. FOR MORE INFORMATION, or to schedule a phone call to find out if you are eligible for the study, please call 202-885-1784. american.edu/cas/psychology/ttm/

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Watch for the Winners in the Express Best Of 2010 special section coming Friday, October 22!

weddings lookout



ANDREA JAE PHOTOGRAPHY

Jessica Smith, Rick Spataro

JESSICA, 31, AND RICK, 34, ARE ATTORNEYS. THEY LIVE IN ALEXANDRIA AND ARE TYING THE KNOT IN THE DISTRICT ON SATURDAY.

THE MAIN EVENT: Both the formal Catholic ceremony and the reception will have Italian flair: She'll be carrying an Italian money bag that's been in her family for generations, and the favors will be homemade biscotti.

HONEYMOON: Rome, Cinque Terre, Florence and Venice.

HOW THEY MET: During their first semester of law school at American University.

FIRST DATE: After more than five years of friendship, they went to a winter formal as just friends and left as more than that.

FIRST KISS: At the formal, during U2's "With or Without You." "We were sharing what felt like a private slow dance, but it was really in the midst of 200 other partygoers," Rick says. "Our friends saw us and snapped a picture."

HOW HE PROPOSED: At home, before what Jessica thought was a low-key date. "We kissed and hugged, and I screamed and jumped for joy. Finally, I began to calm down and said, 'So, we aren't going to see "The Hangover"?' They went to Restaurant Eve instead.

PET NAMES: From his kickball days he's "Rickball," so she's "Jessball."



Alice Sanford, Josh Sibley

ALICE, 26, WORKS FOR THE TREASURY DEPARTMENT. JOSH, 30, IS STUDYING SPORTS MEDICINE. THEY LIVE IN SILVER SPRING.

THE MAIN EVENT: On Sept. 19, they'll wed in a semiformal, outdoor civil ceremony in Frederick. Josh's uncle will officiate, and the recessional will be "When the Saints Go Marching In" in honor of Josh's Louisiana heritage.

HOW THEY MET: Through friends, at a party. He tried to talk to her about her Fear Factory watch, "but she snubbed me." They talked again at a New Year's party a few months later.

FIRST IMPRESSIONS: "He was handsome, funny, and it was cool that we both liked heavy metal."

FIRST DATE: Dinner at Amphora in Vienna, Va.

HOW HE PROPOSED: "He dropped hints that he got me an awesome Christmas gift, and two days before Christmas gave me ... a hat," Alice says.

"She was totally thrown off the scent," Josh says. On Christmas morning, he asked her to be his wife.

PET NAMES: She's "Stinky," and he's "Smelly."

WITH INFINITE FUNDS: Metallica would play at the reception, and the New Orleans Saints would give a toast. "Then we'd fly everyone to New Orleans for beignets," Josh says.



she went to Scotland for a semester. He came to visit her over spring break. "We had a weeklong first date filled with castles and haggis," Rob says.

HOW HE PROPOSED: During the Fourth of July fireworks near the Reflecting Pool. "He opened a ring box and asked, 'Will you marry me?' I replied, 'Are you s****ing me?' Then I said yes!"

CELEBRATING HERITAGE: Rob's dad is from Malaysia, so they'll have a Chinese tea ceremony at the reception.

MAKING IT UNIQUE: They're hosting a "Battle of the Pies:" moon pies (she's from Alabama) versus whoopie pies (he's from Massachusetts). "The number left at the end of the night will decide it," Beth says.

"He opened a ring box and asked, 'Will you marry me?' I replied, 'Are you s**ing me?'" — BETH NEWMAN**

Online Now

Visit expressnightout.com/bio for more of Express' couple profiles, and washingtonpost.com/onlove for Washington Post coverage.

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By Invitation Only If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph (wacky is fine, but please don't send a formal engagement shot), plus your names and ceremony date to weddings@readexpress.com. Please contact us at least one month before your wedding. We'll get back to you with questions.

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Poll Center

Today's Question

WILL CRAIGSLIST'S NEW POLICY EFFECTIVELY DETER INTERNET PROSTITUTION?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 989993

Friday's Results

WILL MEGHAN MCCAIN'S NEW BOOK AFFECT HER FATHER'S RE-ELECTION CAMPAIGN?

81% **19%**

— NO — YES —

"As much as Democrats

wish that it would, [John] McCain will (unfortunately) be re-elected by a large margin in November. The time to knock him out was in the primary."

COMMENTER ACROSSTHEPOTOMAC

"Not at all. Meghan [McCain] is far from a chip off the OLD block, and the only ones that would listen to her are the naive young, and a vast majority of these ignorant lemmings voted for the 'All Mighty.'"

COMMENTER COMMON KEVIN

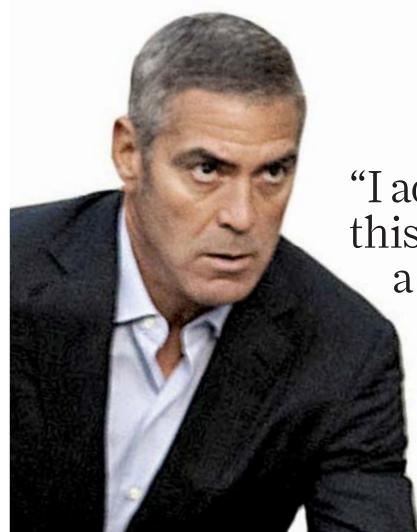
SEE HOW YOUR METRO STATION VOTED AT WWWEXPRESSNIGHTOUT.COM



Blog Log

"If you no longer look like your parents, your race, or yourself, then I think it's time for the village to speak up just a little. I really thought we were going to have an intervention before things reached the MJ level."

— **MRSGRAPEVINE.COM** WAS STUNNED BY THE LEVEL OF PLASTIC SURGERY RAPPER LIL KIM SEEMS TO HAVE HAD, AFTER SEEING PICTURES OF HER DURING BLACK GAY PRIDE WEEK IN ATLANTA.



"I admit I am totally shocked by this one. I thought 'Machete' was a lock to finish in first place and I seriously thought 'The American' would barely make the top five."

— **SNARKERATI.COM/MOVIE-NEWS** WAS SURPRISED THAT GEORGE CLOONEY'S NEW MOVIE MADE NEARLY \$13 MILLION IN ITS OPENING WEEKEND.



"To think that a member of the footballing profession — a profession that requires the strength of a superhero, the brains of a rocket scientist and the sound moral judgement of a clergyman — could actually cheat on his wife is a shock beyond words."

— **HECKLERSPRAY.COM** SARCASTICALLY REACTS TO RUMORS THAT ENGLISH SOCCER PLAYER WAYNE ROONEY HAD AN AFFAIR WHILE HIS WIFE WAS PREGNANT.

"THE GREATNESS OF SUMMER is something that gets away from you when you're no longer a kid. But when you have kids, that awesomeness comes rushing back, accompanied by all the signature summer stuff. The reason I'm so melancholy is the fact that when the sun goes down today, summer is unofficially over."

— **RUDECACTUS.COM** LAMENTS THE BEGINNING OF FALL.

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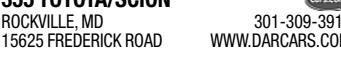
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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) Adjustments may have to be made to account for someone else's lack of discipline or consideration. Focus on what you can do, not on what can't be done.

LIBRA (Sept. 23-Oct. 22) A screening of sorts may be required before you can decide just who should and should not be a part of your central team when the time comes to start a new project.

SCORPIO (Oct. 23-Nov. 21) The day begins on a note of uncertainty, but you can do much to improve your odds—and assist others as well. By day's end, anything negative is forgotten.

SAGITTARIUS (Nov. 22-Dec. 21) You will want to remember exactly what has been asked of you and what is expected—and the two may not be quite the same. Read between the lines.

CAPRICORN (Dec. 22-Jan. 19) Your attraction to something—or someone—rather dangerous changes the tone of the day and brings you into contact with elements that you might have otherwise avoided.

AQUARIUS (Jan. 20-Feb. 18) You're approaching a crossroads of sorts, but while others might find that daunting, you are excited by the prospect of making a decision that really matters to you.

PISCES (Feb. 19-March 20) Any approach that allows you to be direct without being offensive is the correct approach. Outside those parameters lies a hazard that is best avoided.

ARIES (March 21-April 19) You can carry on as if nothing has happened, even in the wake of a negative personal development. At some point, however, you must allow yourself room to react.

TAURUS (April 20-May 20) Others are waiting for you to act on a decision you may have made some time ago, but you're probably still having second thoughts. Now is the time to examine your true desires.

GEMINI (May 21-June 20) Your focus should be on the people you have the opportunity of serving, not on the amount of effort it will take. The more generous you can be, the better.

CANCER (June 21-July 22) That which doesn't come naturally can be learned, and you'll have the chance to learn a thing or two about a topic you've only had the slightest inkling of—and that only rarely.

LEO (July 23-Aug. 22) You don't want to get bogged down in questions of right and wrong; stick to the facts, and do those things that you know are required of you without passing judgment.

Scrabble Grams

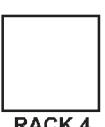
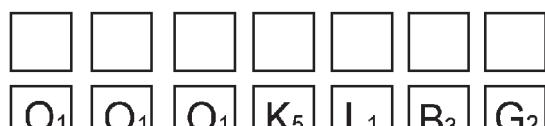
PAR SCORE 150-160, BEST SCORE 228



1st Letter
Triple



Double
Word Score



Friday's Solution

S ₁	I ₁	L ₁	I ₁	C ₃	O ₁	N ₁	RACK 1 = 60
R ₁	A ₁	I ₁	S ₁	I ₁	N ₁		RACK 2 = 6
M ₃	I ₁	S ₁	F ₄	I ₁	R ₁	E ₁	RACK 3 = 62
C ₃	R ₁	O ₁	Q ₁₀	U ₁	I ₁	S ₁	RACK 4 = 104
							TOTAL 232
PAR SCORE 140-150							

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

8	3		7					
2			3	1	8			
5			4			3		
	8					6	9	
		7		6				
6	1					7		
	8				9			2
	5	4	8				7	
	6				1	8		

Friday's Solution

4	3	2	8	7	9	6	1	5
6	7	8	4	5	1	3	9	2
9	1	5	3	6	2	7	4	8
2	8	3	5	4	6	1	7	9
1	4	6	2	9	7	5	8	3
7	5	9	1	8	3	2	6	4
5	9	7	6	2	4	8	3	1
3	2	4	7	1	8	9	5	6
8	6	1	9	3	5	4	2	7

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



89 | 70

Today: Sunny today. Clear to partly cloudy tonight.



89 | 61

Tomorrow: A thunderstorm tomorrow morning; warm. Clear tomorrow night.



78 | 59 81 | 65 86 | 68

Looking Ahead



THU FRI SAT

Sun and Moon

Sunrise today: 6:42 a.m.

Sunset today: 7:30 p.m.

Moonrise today: 5:38 a.m.

Normal low: 65

Moonset today: 6:46 p.m.

Record low: 47

FORECAST BY ACCUWEATHER.COM ©2009

people lookout



SPEECH

'I Am Kourtney. I Do Not Like Using Contractions'

Kourtney Kardashian wants to open a third branch of her family's DASH boutique chain, in New York City. "New York exudes fashion," she told Cupcake Mag. "It is the place for everything and anything fashion in America. I am hoping to make this dream come true — as if I don't have enough going on already, especially being a new mom." (EXPRESS)

NON-FADS

Push-Up Contest Is, Alas, Not Catching On

A lawyer for Taylor Lautner says the "Twilight" star has settled a lawsuit with an RV dealership he claims didn't deliver a \$300,000 coach in time for a movie shoot. McMahon RV owner Brent McMahon had offered to compete in a push-up contest to solve the dispute. That didn't happen, so he'll pay \$40,000 to Lautner, who will donate it to charity. (AP)

twitter

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I wish I could talk to every hater face to face and change there a opinion of me one conversation at a time.

9:33 AM Sep 4th via web
Retweeted by 100+ people

Reply Retweet

 **kanyewest**
Kanye West

That is not a very good wish. You're supposed to wish for unlimited wishes, THEN make trivial wishes.

MALFUNCTION

Remorse Regulator Explodes

Kanye West is still regretting his ambush of Taylor Swift at the VMAs. He unleashed a torrent of emotional pain on his Twitter feed Saturday, saying he received death threats and suffered career setbacks. "I bled hard ... cancelled tour with the number one pop star in the world ... closed the doors of my clothing office," he tweeted. (AP)



Sleazebag Summation

W2s Not Usually in Crayon?

Real Housewife of New Jersey Teresa Giudice and husband Joe are being accused of concealing assets from bankruptcy court. Among the items in the complaint: that the Giudices gave the court false income tax returns. (EXPRESS)



ANTICLIMACTIC

Surprise Ruined by Rampant Rumors, Leaks and Reports

Kara DioGuardi is following Ellen DeGeneres and Simon Cowell out the door at "American Idol." Her long-rumored departure, officially announced by Fox on Friday, leaves Randy Jackson the last judge standing. "I felt like I won the lottery when I joined 'Idol' ... but I feel like now is the best time to leave," she said. (AP)



"The guy I fell in love with ... didn't want to wear straight-legged jeans and get chased by Radar."

— BRISTOL PALIN PICKS ON FORMER FIANCÉ LEVI JOHNSTON. "HE NEEDS TO GET HIS GED," SHE TOLD JAY LENO ON FRIDAY.

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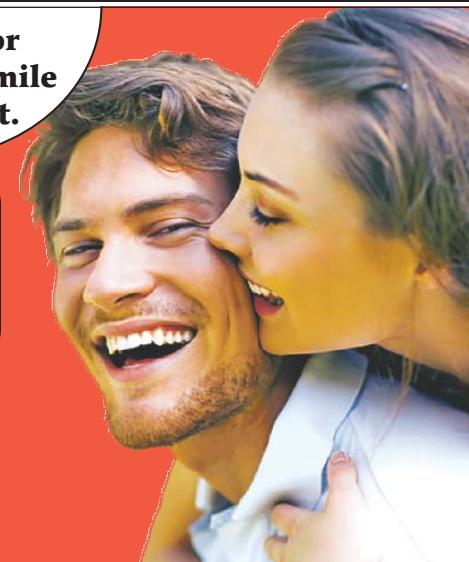
*Restrictions and limitations do apply.

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